THURSDAY, DECEMBER 10, 2020

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FREE

Rotary Club learns about projects underway in Honduras

ALTON — The guest speaker at the Alton Centennial Rotary Club's weekly Zoom meeting last week was 7870 Past District Governor, Chris Parkinson, who for the past 20 years has been the Team Leader for the Amigos ce Honduras project in Danli, Honduras

Danli was devastated 20 years ago by Hurricane Mitch. It all but destroyed most of the homes,

water and sanitation systems, and schools there. Since then, Parkinson has lead teams with 20-30 member Rotarians, with some non-Rotarian volunteers, 29 times, to help rebuild Danli.

"We have three objectives" said Parkinson.
"First is to rebuild and repair their schools, next to rebuild and make hurricane proof their water and sanitation systems, and third to bring with us medical teams with prescription drugs to help save and improve lives."

He went on to say, "We not only do a lot

Ve not only do a lot SEE ROTARY, PAGE A9



Courtesy

Up on the rooftop

After affixing Santa Claus to the New Durham Public Library's cupola, New Durham Forest Fire Warden Dave Stuart is ready to leave the jolly old elf high on his perch via a fire truck extension ladder. The Friends of the Library decorated the lower regions of the building and left cookies for patrons and goodie bags for children in the lobby. Even more holiday cheer can be found this Thursday and Friday from 5:30 - 7:30 p.m. at the 1772 Meetinghouse at Light Up Your Night when the library and recreation department present a lighted Christmas trail, complete with A New Durham Christmas Carol story walk, costumed characters, hot chocolate, and a chance to meet St. Nick.

Fundraiser brings new batting cages to Kingswood



Joshua Spaulding

NEW BATTING CAGES have been installed at Kingswood Regional High School.

BY JOSHUA SPAULDING

Sports Editor
WOLFEBORO — Last
year's spring sports season was a bust for everyone. The COVID-19
pandemic completely
cancelled the season for
every high school team
in the state, including
the Kingswood baseball
team.

But the Knights will have a new tool at their disposal when baseball returns, thanks to the newest addition to the Kingswood complex.

The fruits of the team's fundraising labor were finished in late November, as a pair of batting cages now sit along the first base line.

"It's been 14 months of construction and four years since when we started thinking about it and started raising money," said longtime Kingswood baseball coach Chip Skelley. "The current sophomores were the first sixth and seventh graders that came to our clinics that helped raise the money.

"They'll be able to benefit from that for the next few years," the Knight coach added.

The clinics Skelley is referring to were baseball clinics that were run in the winter. The high school kids helped lead the clinic on one weekend and then col-

lege coaches would be running the clinic on the other weekend. Former Kingswood players Andy Theriault and Tad Skelley are collegiate coaches that helped the Knight program run the clinics.

In addition to the money the team raised through the clinics, Skelley noted that the batting cage project was also a good collaboration with the Kingswood athletics department, which was able to get some money for some of the extras that went along with the project, including the expansion of the dugout on the first-base side to

store equipment used

in the batting cages and elsewhere on the baseball field.

"We're still looking to dress it up a little more," Skelley said, noting wind screens and practice mounds were among some of the things the team will look to add in the future.

The side-by-side cages measure a total of 45 X 70, so 15 players can easily work in the cages at one time (in non-social-distance times) and there is also about 12 feet of the turf located between the cages and the fence, which could be used for possible bullpen space or

SEE CAGES, PAGE A9

Congregational Church of North Barnstead celebrates ministry during the pandemic

BARNSTEAD — Prior to March 2020, and the arrival of the Coronavirus, our congregational community met inside our church for our ministries of Sunday worship, Sunday School, after worship meetings and an amazing coffee hour. We were united face to face with one another in celebration of God.

For the past nine months, we have gathered for fulfillment of our ministries, face to face, from our own homes, using Zoom. This type of worship service has kept us together as a community. We offer worship every Sunday with teaching, illustrated Scripture stories for all of God's children, read by lay leaders, amazing music, and communal prayers of gratitude, joy, and sadness. We share communion, and have group conversation after worship.

We continue to offer a variety of ministries. Ministry is our commitment to extravagant welcome to all people from New Hampshire, other US states and other countries. We welcome those who are disabled through our Accessible to All program and our belief that whoever you are, wherever you are on life's spiritual journey, you are welcome to our church community.

Ministry is care by our Pastor, Rev. Nancy Talbott, who walks with us through life's joys and challenges

Ministry is a twice a week group meditation and prayer sessions led by a certified spiritual director. Ministry is weekly Bible study with a Bible scholar. All of this is on Zoom.

Ministry is our Pumpkin and Pine Fair that was held outside in the Fall; planning special Zoom events for our children, supporting the Barnstead Food Pantry, Pittsfield Diaper Pantry, 68 Hours of Hunger and Barnstead's Park and Rec programs (look for the updated ice-skating rink this winter!).

We care deeply for our service to God and our ministry to others. For more information about our church, please visit our website, conorthbarnstead. com. You can join us for worship at 10:00 am any Sunday through the website worship link. You will be glad you did!

Next week, we will share news about Christmas Eve, Christmas, and New Year's worship services.

Political signs find a new purpose

ALTON — The election is over, and none too soon for many. The prevalence of political signs in yards, on houses, and along the roadways has long been a topic of discussion in New Hamp-

shire, with many viewing them as a blight on the natural landscape. The good news, however, is that at least some of the local political activists have collected their signs and are putting them to

Belknap County Democrats made arrangements to deliver their leftover signs to the University of New Hampshire to be repurposed and turned into objects of





Pictured above are campaign signs being used a movable walls in a local chicken coop. In the second photo, Alton resident Andrea Caruso (on the right) is pictured with some of the hundreds of signs she delivered to the University of New Hampshire.

ability and helping the

use, such as iPad stands and cell phone holders. Occupational students create assistive technologies, turning the corrugated plastic signs into items for use by people with a wide variety of disabilities. Therese Wilkomm, Associate Professor of Occupational Therapy, has used her own creativity to imagine new uses for discarded objects. Her students, who reconfigure the signs, at UNH benefit in multiple ways, learning sustain-

disabled community at the same time. The people to whom these objects are distributed also benefit, by receiving adapted technologies that help them live more independent lives. And the community at large benefits by a reduction in the amount of trash and by restoring the landscape to its more natural beau-

In addition to the signs being repurposed at the University of New Hampshire, other campaign signs are being re-used in a variety of different ways, including as movable walls in chicken coops and other animal enclosures.

If you would like to join the sign recycling effort, the contact information for Therese Willkomm is therese.willkomm@unh. edu. A YouTube video showing the repurposing effort is available at:

https://www.youtube. com/watch?v=mN31Cq-LKU4.

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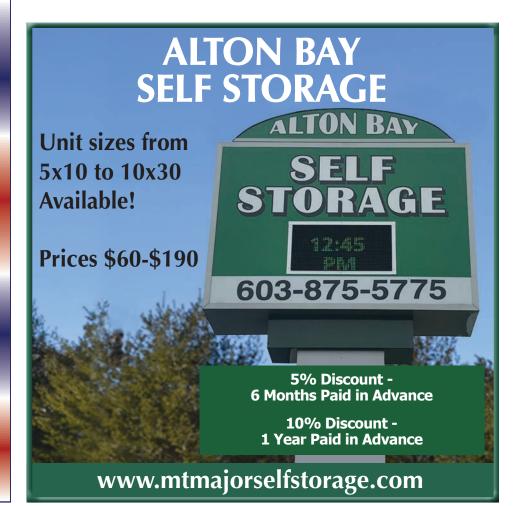
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ALTON POLICE LOG

ALTON — Alton Police Department responded to 181 calls for service during the week of Nov. 22-28, including two arrests.

-1 Female Subject was arrested on a warrant. There was 1 Motor Vehicle Summons arrest.

There were 3 Motor Vehicle Accidents.

There were 4 Suspicious Person/Activity Reports on Stockbridge Corner Road, Main Street, Rines Road & Homestead Place.

There was 1 Theft reported on Rines Road.

Police made 11 Motor Vehicle Stops and 3 Motor Vehicle Complaint-Incidents.

There were 159 other calls for services that consisted of the following: 1 Assist Fire Department, 1 Fraudulent Action, 2 Assist Other Agencies, 2 Pistol Permit Applications, 2 Animal Complaints, 1 Juvenile Incident, 2 Domestic Complaints, 7 General Assistance, 1 Wanted Person/Fugitive, 4 Alarm Activations, 1 Noise Complaint, 1 Lost/Found Property, 2 Highway/Roadway Hazards, 2 General Information, 2 Sex Offender Registrations, 2 Civil Standbys, 3 Civil Matters, 2 Wellness Checks, 1 Community Program, 1 Dispute, 107 Directed Patrols, 1 Medical Assist, 9 Property Checks & 2 Paperwork Services.

No Locke Lake board meeting in December

BARNSTEAD — There will be no public Board of Directors meeting at Locke Lake Colony in December. The next public Board of Directors meeting will be held on Thursday, Jan. 21 at 6:30 p.m. at the Lodge. These meetings are open to LLCA members only.

Brewster finishes unique fall season with sports awards



Mitchell Coope

\WOLFEBORO Brewster Academy's Director of Athletics Matt Lawlor and several coaches announced the school's Fall 2020 Athletic Awards as the very unusual season came to a close in mid-Novem-

"It was a unique fall, a different fall, but more importantly, a very successful fall," Lawlor said. "We have participated in nearly 60 athletic contests, which is rare for a New England independent school at this time in the world."

Over the summer, as Brewster and other boarding schools were figuring out plans to safely reopen, their athletic departments were devising ways to have interscholastic athletics responsibly. Brewster, along with other Lakes Region schools—New Hampton, St. Paul's, Holderness, Proctor, Tilton, Vermont Academy, and Kimball Union—all competed in a seven-week fall season. Notably, it was the only independent school league to do so this year. In addition to robust COVID testing and protocols, the schools agreed to no-contact drills, strict disinfecting plans in faweekend-only cilities, competitions, barring all spectators and other measures to create a saf-

er season. "We had four weeks of practice before competing, and the energy on the fields during those weeks was incredible,' Lawlor said. "Our students were just enjoying being together, compet-



Henry Dumont

love, and having fun. And that is what high school athletics is all about!"

Lawlor said that the unprecedented collaboration among the area's boarding schools was a plus. "Putting the season together took a lot of planning and organizing, but it was definitely worth it," he said, adding, "In our weekly meetings we had to discuss some difficult topics and make some hard decisions, but it was fun to work together as a League so closelv. I think it made our relationships as schools even stronger. We have some great people in leadership positions in our league."

At Brewster's virtual Fall Athletic Awards ceremony, as coaches announced their teams' award winners, many mentioned their gratitude to the students and their fellow coaches for their drive, willingness to participate, energy, and flexibility. Still others thanked Lawlor and Head of School Dr. Craig Gemmell for their leadership and hard work to make this season happen. The fall award winners are

Boys' varsity soccer The Coaches' Awards went to Ezra Colcord of Fremont, Mitchell Coope of Wolfeboro and Charlie Harris of Birmingham, Mich. The boys' varsity soccer team was unbeaten this season.

Girls' varsity soccer Coaches' Awards went to Selena Phinney

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Katherine Martin

Tamborello of Fairfield, Conn. The team MVP was Kaitlyn Charette of Hampton. The girls' varsity soccer team had a perfect record as well and did not give up a single goal.

Varsity field hockey Ana Reynolds of Wolfeboro was named Most Improved Player. Laney Harrold of Sterling, Mass, and Morgan Johnson of Ewing, N.J. received Coaches' Awards.

Cross country Tony Gleason of Danvers, Mass., received the MVP Award, while Hannah Yang of Beijing, China, received the Coaches' Award.

Varsity crew

Archer McClain of Center Tuftonboro and Chris Webb of Durham received Coaches' Awards.

Varsity fall sailing

Gus Schoenbucher of New Durham and Trevor Simboli of Winchester, Mass. received Coaches' Awards and Most Improved Player honors went to Tim Rybecky of Rockport, Mass.

Varsity golf Sean Keady of Marshfield, Mass., was named MVP, Will Budnik of Westborough, Mass. was named Most Improved Player, and the Coach's Award went to Colin Clark of Madbury.

Boys' JV soccer Henry Dumont of Wolfeboro received Most ing in the activity they of Henniker and Zoe Improved Player honors,



Archer McClain

and Coaches' Awards went to Jacob Kunkel of Bedford and Carter Kwait of Ross, Calif.

Girls' JV soccer Katherine Martin of Wolfeboro and Reese Richmond of Greens-N.C. received boro, Coaches' Awards, and Tsehay Murch of York, Maine was named MVP.

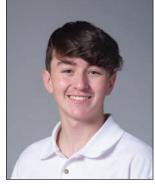
JV field hockey Miranda Stilwell of Burlington, Vt. received



Ana Reynolds

MVPhonors, Maija Niemi of Hampton was named Most Improved Player and Lara Given of Marblehead, Mass. took home the Coaches' Award.

Brewster and the Lakes Region League schools are in the process of rolling out a winter season, sticking as much as possible to the successful formula used this fall. "The winter brings some different challenges, but we have a plan," said Lawlor.



Gus Schoenbucher

"We are a ways away from officially starting the season, but I feel good about the outline we have in place to bring athletics to our students again. It's just exciting to be able to contribute. Because at the end of the day, it's about delivering the best experience to the students."

To learn more about Brewster and its mission to prepare diverse thinkers for lives of purpose, www.brewsteracademy.org.



Kingswood Theater forges ahead with winter one-acts

COVID-19 has changed many things about how we live our lives, but fortunately, it has not changed Kingswood Theater's dedication to their craft. After a successful fall production (completed with social distancing and mask-wearing), they have already started working on their next shows. This winter production will feature three short plays, directed by Kingswood Regional High School seniors Lizzy Fogg and Jackie Bonnevie and juniors Kay Baker, Juliet Bonnevie, and Emma-lee Newhouse. The shows "Check, Please," "Arcana," and "21 Guaranteed Ways to Get Detention" are a mix of comedy and drama, and are sure to please audiences. Dates for the shows are January 8th and 9th, both at 7pm. Tickets, which need to be purchased ahead of time, can be found on kingswoodtheater.org under the 'Buy Tickets' tab. Due to COVID-19, no tickets will be sold on the day of the shows or in person. While you are on the website, please review Kingswood Theater's COVID-19 restrictions for audience members, so you are up to date on their mandatory policies.

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Opinion

The struggle against Old Man Winter

The first big nor' easter of the season has come and gone, leaving us with anywhere from three to nine inches of snow (or more in some cases), depending on where you live. As with most things, we like to think about how our ancestors handled certain situations. It was during a snowy drive last winter that we became more grateful for studded snow tires and heat, after thinking about how those before us dealt with travel during snowstorms.

During the winter of 1717, a storm dumped four feet of snow, creating snowdrifts of up to 25 feet. Passing through the snow covered roads was too much for a postman who traded his horse for a pair of snowshoes. Objects similar to skis were attached to carriages as a means of winter transportation.

Streets had to be passable for wood and food deliveries. When the roads were not passable townspeople would gather together in large groups and dig out a path. The snow was placed into the back of a horse-drawn cart by gangs of men and driven to the closest river to be dumped. Salt was also used on streets, but many people complained because it ruined their shoes and clothes.

Fast forward to 1840 ,when the first snow plow patent came to be. It wasn't until 1862 that the first snowplow was put into use. The plow was attached to a cart and pulled by a team of horses. Soon after, many cities began to use the horse-drawn snowplow.

Typically the use of the horse-drawn plow was only used to clear main streets, leaving side streets and sidewalks snowed in by large piles often blocking entrances to businesses. Many business owners actually brought lawsuits against the plowing companies as a result because their customers could not gain access to the storefronts.

The solution to that conundrum, was the hiring of snow shovelers to accompany the plow. The blizzard of 1888, however, was too much for the "modernized" plow, leaving many people trapped inside their homes. This emergency was the catalyst cities needed to begin coming up with a better plan for snow removal. One idea was to stay on top of the storm as it started, instead of waiting for it to end. Different men driving the plows were assigned to certain neighborhoods as well.

The invention of the automobile brought with it a crutch and a new possibility as far as snow removal went. The crutch being that an entirely new method needed to be engineered and put into use. In New York in 1913, a dump truck could be seen on city streets. Seven years later the first snow loader, came on to the scene. It had a big scoop with a conveyor belt. The snow would go into the scoop via the belt, then dumped into the back of the truck. From there, off to the river it went.

It wasn't until 1959 when the weather was able to be predicted more accurately, allowing towns and cities to better prepare for any incoming storms.

Reading old diaries of our New England ancestors gives the perfect window as to what it was like to experience a bitter cold winter, prior to modern practices.

As literary critic Van Wyck Brooks wrote in "The Flowering of New England, 1815-1865," "All praise to winter, then, was Henry's feeling. Let others have their sultry luxuries. How full of creative genius was the air in which these snow-crystals were generated. He could hardly have marveled more if real stars had fallen and lodged on his coat. What a world to live in, where myriads of these little discs, so beautiful to the most prying eye, were whirled down on every traveler's coat, on the restless squirrel's fur and on the far-stretching fields and forests, the wooded dells and mountain-tops,--these glorious spangles, the sweepings of heaven's floor."

The Sons of the American Legion Family Squadron 72 donated a total of \$1,350 to the following Barnstead needs: \$1,000 to the Barnstead Food Pantry to support local families during the holidays; Village Rising for trauma books supporting specific needs of children; and Barnstead Community **Helpers to support families** in need. The Barnstead Food Pantry is helping families this year with **Christmas Food Packages** and wish list needs. The Sons of the American Legion jumped in to help contribute this much needed cause. Please reach out to your local town offices to see how you can help! They need volunteers, delivery drivers and most important donations to help these families in need. The Family of **American Legions support** their veterans; however, they also support their local communities through donations, fundraisers and providing Thanksgiving and Christmas packages to local families of Veterans as well. In this time of Covid and economic instability, please reach out to see how you can help in



your local community. Thank you to the Sons of the Alton American Legion Family Squadron 72 for supporting our local communities Sincerely, The Barnstead Families! Picture: Brad Cardinal, Lori Mahar and Scott Douglas Sr. Commander of the Sons of the Alton American Legion Squadron 72.

LETTERS FROM EDWIN

Calls

I'm sure that I've mentioned this before, but I don't like getting yelled at. Does anybody? After growing up in a totally Scandinavian home where voices were never raised and not many words spoken, where one waited till others finished speaking before saying something. I married into an Italian family where everyone talks at once and the loudest voice prevails. I would sit there at the dinner table waiting for an opening that would never come.

But that's not what I wanted to talk about. You see, I have an answering machine. I call it my electronic secretary. It screens my calls very nicely. I never get sales calls, political poll calls or please make a donation calls because they all hang up when the message starts. I do miss making up answers for the pollsters though.

It was months ago when I got a message from a woman who was hysterical that I hadn't come to fix her sink. Looking through my call list and projected work, there was no sink fix that I'd forgotten about. Her voice sounded similar to a previous message asking me to call her back. Only she never gave her return phone number. A couple weeks ago, I lis-

tened to, and erased, old undeleted messages on my machine and there were probably twenty of them from her.

Sometimes, she just kind of quietly coos in a loving sort of way and asks me to come over, then the next message she'll be screaming that I've ruined her life and cursing me because I won't come over. She has even said how nice it was that I had come over, followed by, now you've left me all alone and I'm going to get you for it

going to get you for it. My friends wonder why I never pick up my phone. I thought that this saga was over because there had been quite a lull period, but last week there were three new messages from My feelings are that she has my number mixed up with some male friend of hers. Maybe someday she'll call when I'm actually here and I can straighten things out.

Strange.

Here's another one. I own this nice Subaru Outback that I bought from a friend a few years back that had been garaged and was in physically wonderful shape. Since I already had another car that was nearing its end of life, I decided to use the Outback as a summer car as it's air conditioner actu-

ally worked, and use my old beater in the wintertime.

This Sunday, I filled up its tank with premium, put in stabilizer and parked it for the winter. I threw a key in the cup holder so that I could easily move it during snow removal operations to keep it healthy and park the tires on new rubber. It was all set till spring.

Since my kids moved out, I rent their old rooms to help pay the mortgage. This summer I had a room come available and a friend of the woman who sold me the Outback called and asked if her son could move in. Needless to say, he's been living here ever since. There has been some issues cropping up now and then, but nothing that didn't seem correctable.

Last weekend his girlfriend stole his van and disappeared with it, so last week was turmoil for him. This weekend, the van returned, and the couple seemed to be back on good terms. On Saturday afternoon another woman showed up with them and everybody in the house got acquainted as they cooked and had supper here. As I went to bed, the rest of the house was still buzzing.

On Sunday,

there were lots of comings and goings. I went on with my doings and went to bed early as usual. Monday morning before sunup, I was awoken by a knock at my door, the police were outside. There was an issue of a woman missing out in the woods. Then I noticed that my Outback was gone, so I reported the car stolen to the policeman present and returned to tending my oatmeal.

As I was cleaning up from breakfast, I looked out the window to see my car had returned. I called the officer to tell him that the missing woman had returned. In the car there was some stolen merchandise which was given to the officer who followed up. He was familiar with all three of the individuals and informed me that they were involved with various illicit substances and activities and that I should beware.

I thought I was helping someone out, and now my identity and my home have been compromised. I feel totally violated

I don't want to carry all the time, but is that what I need to do?

E.Twaste

Correspondence welcome at edwintwaste@gmail.com

Letters to the Editor

Fraud? More like frogs

To the Editor:

Some of the 'Commander and Cheat's' supporters are demanding for martial law to be called in order to have another election held. Since Nov. 3, We the People have heard nothing from the White House but "I won," even though the collected number of electoral college votes total 306 for his opponent, while his numbers are

less than the 270 needed to be called the President-elect. President #45 calling this fraud should be changed to calling it frogs, who are jumping out of the self-made swamp personally I call it a cesspool and not a swamp.

The danger here is

The danger here is some citizens in this country are so hung up on every word spewed from the mouth of #45,

they do not see all of the laws that have been broken and are being disregarded at the present moment. For example, giving a pardon to a charged person who committed treason, during the 2016 election with the Russians, be it though his charge was lying to the FBI, what he lied about by many of us is considered treason. Treason abounds in this

Administration, yet no one wants to call it what it is, because those are very dangerous words to throw at anyone in the government.

So, while the Republicans jump from one cesspool of thought about the election, to another, the doubt grows in the mind of some un-informed right wing militant nut cases who will think it's his/her

duty if not a right to go a blow the head off of an innocent poll worker doing their job, or even worst some elected official in waiting to take their office. What loser #45 is saying and doing is criminal and We the People need to stand up and say He's got to GO Now never mind waiting till Jan 20, 2021 at noon.

till Jan. 20, 2021 at noon. Lastly, I wish the President elect Biden would speak more to holding to account those in the present administration who have committed crimes, than speaking of just letting the crimes go in order for unity. He doesn't seem to get it, either we are a land of laws were no one is above the law or we are not.

JOHN Q. HENDERSON BARNSTEAD

Hunters, your stories, please; and further words on weasels



By John Harrigan

COLUMNIST

Hunters---I'm looking for the stories you brought back to camp. Well, maybe not camp--maybe the kitchen, and not just about birds, ducks, or deer. If you bumped into anything truly unusual during hunting season, I'd like to know about it.

For instance, I have seen some pretty amazing things (to me, at least) out there, but everyone's sick and tired of hearing about mine, so I want yours. But I'm thinking about the infamous Stone Wall to Nowhere, a story that has been worth a lot of words over the years, or the huge oval-shaped pile of rocks down near Derry, which I found out years later was for a horse.

Every fall, the biggest evidence-finding force in the nation sallies forth for hunting season. Oh, they're hunting, for sure---but they stumble into all kinds of stuff. Year in and year out, hunting season results in crimes solved

Even with leaves on the ground, hunters often miss what others have passed right by. I've participated in line-searches, and even they can miss key elements. Because many hunters do not take

stands but instead move slowly and quietly, they see and hear what most others don't.

One year, when we were muzzle-loading in upstate New York, one of the guys who was part of a long line of guys moving down a ridge spotted a leaf---a single leaf, mind you---that looked somehow out of place. He picked it up, and on the underside was the name of one of our own party who has a habit of doing such things (we are a strange bunch).

Hunters can also be just like the rest of us. oblivious to the obvious. A reader once told me about encountering a locked safe, with prying and bashing marks betraying furious efforts to get in. Because it was near a road, and tracks in the snow showed that many others had walked right by, he figured it had already been reported. It had not.

What's in a name department: last week, I had fun writing about weasels, which mandates more to tell.

New Hampshire has two kinds of weasels, the short-tailed, which lives from northern New England to Canada and Alaska, and the longtailed weasel, which lives from southern New England to the tropics.

The two species overlap, naturally, but shorttailed weasels seem to be predominant in the northern third of New Hampshire, and the opposite is true. For more on this, I called Pat Tate,

who is in charge of furbearers for Fish and Game. I started looking for him at around 11 a.m., and he called me back at 2 p.m. or so, from his deer stand, no less.

"I really have no idea where the weasel line is." Pat said half-jokingly from his carefully chosen spot somewhere east of Nashua. He got the message that I was looking for him, and called me from his stand.

Talk about dedication. But it was all right, Pat said, because he'd just had lunch, and was re-fluffing his feathers to settle down for when the deer would start moving.

Both species of weasel turn white in winter (and both are called ermine) except for the tips of their tails, which are black. People steeped in woods lore speculate that the black tip is there for a reason, perhaps to distract momentarily a predator, and gain the weasel that extra split-second it needs to get away from a fox or a hawk.

The literature and reporting are equally fuzzy on the most obscure member of the weasel family, the once-rare marten.

This amazingly fast little predator is a bit bigger than the longtailed weasel but smaller than the fisher (cat). The old-timers I was lucky to know always said that a marten was the only creature that could catch a red squirrel in a tree (please note those qualifiers, "red," and "in

a tree").

(I know, I know---the fisher is not a cat, so please, no finger-wagging notes. Most of the time I put "cat" in there for tradition. Sometimes I do it just to irk the bookbound. Ditto the vaunted "partridge," as in the handed-down and even cherished saying, "cartridges for partridges," which is two misnomers in one phrase, because it's not a cartridge, it's a shell.)

The marten has been expanding in its old habitat, generally perceived as from the southern foothills of the White Mountains northward, although some of its old territory in the high country of the state's southwest may remain vet longer bereft. (For years now, I've been waiting for a chance to use "bereft.")

For a few years, New Hampshire was obtaining live-trapped martens from Maine, a pretty nice thing for one state to do for another in my book, but this is no longer deemed necessary. They are still fully protected (the martens, not the people in Maine). Still, I have to wonder about those people in Maine, don't you know? Look at what they do to their hotdogs. (For the culturally deprived, they dye them red.)

Let's not let this hotdog thing just sail on by, as if it weren't sig-



JEFF FAIR — COURTESY

Jeff Fair sent me photos of this almost-all-white ermine that's been hanging around his place up in Alaska. He feels lucky to have it in the woodpile (i.e., they're great mousers).

nificant, whereas it is something really worth noting, in an anthropological sense. The thing is, the hotdogs don't taste any different, because I've had plenty, with the usual condiments. They just look different, kind of like some of my cousins Down East.

Some readers have survived the ravages of time, and have long memories about martens, if not hotdogs, and send me their stories from the old days. Still others have sent nice notes about seeing them in recent years---martens, not hotdogs. That's a real treat, and once or twice people have sent me photographs to prove



This was commonly called a pine marten, but evidently it's now just plain marten, which makes sense because it also lives in spruce and fir. Note those rounded ears.

(Please address mail, with phone numbers in case of questions, to campguyhooligan@ gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)



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TOWN OF NEW DURHAM PLANNING BOARD PUBLIC HEARING NOTICE

TUESDAY, DECEMBER 15, 2020 7:00 PM @ NEW DURHAM TOWN HALL

Charles and Nancy McKay

You are hereby notified that a virtual Public Hearing via Zoom will be held by the New Durham Planning Board on Tuesday, December 15, 2020 at 7:00 pm. The hearing is regarding the Review of Excavation Permit application from Jones and Beach Engineering Inc. on behalf Charles and Nancy McKay Map 102 Lot 005 and Map 102 Lot 006, Pine Point Road New Durham NH. Any questions on how to connect using Zoom contact Brian Cauler Land Use Administrative Assistant via email ndlanduse@newdurhamnh.us or the Planning Board.

The property is located at Pine Point Road Map 102 Lot 005 and Map 102 Lot 006.



HOLIDAY CONCERT By the SEA REEDS

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STRATEGIES FOR LIVING A story of fundamental change

BY LARRY SCOTT

In his book, "Sacred Marriage," Gary Thomas makes this important observation: what if God designed marriage to make us holy more than to make us happy? Is it possible that a difficult relationship is, in fact, very much to our benefit? The story of John and Susan Barger is a classic case in point.

In Dr. Barger's words, "I swaggered through marriage for many years, ruling my wife Susan and my seven children with an iron hand while citing Scripture

as justification. ... Then a number of "dramatic events" occurred, which wrought a profound change in my moral, psychological, and spiritual life" (Gary Thomas, "Sacred Marriage," p. 45).

The first of these changes took place when his wife had a difficult delivery and their next son was stillborn.

"At two in the morning in the stark, bright hospital delivery room, I held in my left hand my tiny lifeless son and stared in disbelief at his death. ... I had the power to make [my family's] lives worse by raging

against my baby's death and my wife's lack of love or to make their lives better by learning to love them properly. I had to choose. And it was a clear choice, presented in an instant as I stared at my tiny, helpless, stillborn infant cradled in my hand. In that critical instant, with God's grace, I chose the arduous, undramatic, discouraging path of trying to be good. ... I found that the only way I could learn to love and to cease being a cause of pain was to suffer, endure, and strive every minute to repudiate my anger, my

resentment, my scorn, my jealousy, my lust, my pride, and my dozens of other vices.

I began to hold my tongue. I started admitting my faults and apologizing for them. I quit defending myself when I was judged too harshly - for the important thing was not to be right (or to be well-thought-of) but to

And, frankly, once I started listening to Susan – once I began really hearing her and drawing her out - I was startled at how many and how deep were her wounds and her sorrows" (Ibid., p.

Gary Thomas then concludes with this observation: "Dr. Barger's earnest efforts at renewing his love for his wife and reaching a new plane of understanding worked. ... [But then] tragedy struck. ... Susan was diagnosed with terminal cancer. ... [N] ow that they had become best friends, now that he had learned the deeper meaning found in truly loving rather than in dominating, he had to say good-bye" (Thomas, Sacred, p. 48).

You may have heard it said, "Christians ar-

en't perfect ... just forgiven." We stumble, we make horrendous mistakes, but we learn and we change. As long as we are willing to cooperate with God's plan for our lives, we grow and mature and come through just a bit closer to the model given us in the Person of Jesus Christ. And that, my friend, is what Christianity is all about!

For more thoughts like these, follow me at indefenseoftruth.net.

Locals earn girls' soccer All-State recognition

BY JOSHUA SPAULDING

Sports Editor

REGION Local female soccer players were among those honored when the girls' soccer All-State teams were released in late Novem-

In Division II, First Team honors went to defender Emily Kenny of Kennett and midfielder Sam Meier of Plymouth.

Plymouth defender Sumaj Billin and Kennett forward Aida Wheat both earned Second Team honors.

Honorable Mention went to Kennett midfielder Marissa Caputo and Plymouth forward Megan Metivier.

Also earning First Team honors were goalies Sally Rainey of Lebanon and Hunter Stonebraker of Souhegan. defenders Chloe Binder of Bow, Elizabeth Philbrook of Merrimack Valley, Calla Tucker of Oyster River, Madison McManus of Sanborn and Zahna Rice of Stevens, midfielders Kristina Pizzi of Bow, Morgan Burnap of Coe-Brown, Arden Ulmer of John Stark, Hayley Kenney of Merrimack Valley, Linsdey Butler of Pelham and Cierra Hill and Britney Hill of Pembroke and forwards Rachell

Brackett of Hollis-Brookline and Rachel Gizzonio and Brooke Gizzonio of

Milford. Second Team honors also went to defenders Amelia Brackett of Coe-Brown, Olivia Coakley of Pelham and Adreinne Dorr of Pembroke, midfielders Madison Roberge of Bow, Bella Roy of John Stark, Rachel Harrington of Lebanon, Mikayla Thompson of Milford, Greta Caulton of Souhegan and Stella Lavertue of Stevens and forwards Renee LeBlanc of Hollis-Brookline, Kaylee Magoon of Merrimack Valley, Charlotte Cousins of Oyster River and Sydney O'Toole of Sanborn.

Also earning Honorable Mention were keeper Emaly Roy of John Stark, defender Brynn Murphy of Stevens, midfielders Isabella LaPerle of Bow, Corinna Fernald of Coe-Brown, Sofia Walle of Hollis-Brookline, Mary Rainey of Lebanon, Marissa Sage of Milford, Anna Harlow of Pembroke and Luce Colcord of Sanborn and forwards Rhiley Tanguay of Merrimack Valley, Nathalie Pare of Oyster River, Maddison Curran of Pelham and Jacqueline Hayden of Souhe-

In Division III, First Team honors went to defenders Julia Pendergast of Inter-Lakes, Jaiden McKenna of Gilford, Grace Bradley of Berlin and Deanna Bourque of Belmont, midfielder Autumn Braley of Newfound, forwards Lilv Kenison of White Moun-

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mont. Second Team honorees include defenders Payton Everett of Prospect Mountain, Sara Harris of Inter-Lakes and Courtney Burke of Belmont. midfielders Lexi Demming of White Mountains, MollyLu Mc-Kellar of Newfound and Allie Kenyon of Gilford and forward Jill Hallee

of Berlin. Earning Honorable Mention were goalie Alexia Bassett of Newfound, defenders Morgan Doolan of White Mountains, Kassidy Kelley of Prospect Mountain and Ruby Preisendorfer of Inter-Lakes, midfielder Darci Stone of Belmont and forwards Geena Cookinham of Gilford and Ava Bartoli of Berlin.

Also earning First Team honors were keepers Grace Atkins of Hillsboro-Deering and Emily Senko of Bishop Brady, defenders Sarah Bradley of Trinity, Brynna Hone of Raymond, Nora Dunnigan of Fall Mountain and Morgan Wagner of Campbell, midfielders Ella Pottle of St. Thom-Rebecca Pincince of Somersworth, Caroline Camp of Kearsarge, Caitlin Clark and Annie Higginbotham of Hopkinton, Leah Hoey of Derryfield, Megan Graff of Conant and Karleigh Schultz of Campbell and forwards Kathryn LaCasse of Raymond, Trista Faulkner of Monadnock and Isabella Daly of Laconia.

Second Team honors also went to Molly Lewis of Somersworth, Macayla Dutile of Laconia and Sam Meadows of Kearsarge, defenders Kally Murdough of Hopkinton, Avery Stewart of Fall Mountain, Charlotte Sckaal of Derryfieldk Jenna Harvey of Conant and Alex Wallenmaier of Campbell, midfielders Skyler DePetrillo of Trinity, Madilyn Robertson of Raymond, Bre Lawrence of Monadnock and Emily Howell of Hillsboro-Deering and forwards Chelsea Cooper of St. Thomas and Lauren Beitler of Bishop Brady.

Also earning Honorable Mention Division III were defenders Ava Houde of Trinity, Grace Bronkma of Somersworth, Ellie Camp of Kearsarge, Madeline Follansbee of Hopkinton, Alexis Mc-Clure of Hillsboro-Deering and Madison Rhynhart of Bishop Brady, midfielders Amanda Behre of St. Thoams, Bailey Pollock of Raymond, Sierra Shaw of Laconia, Makeena Grillone of Fall Mountain, Lilly Losey of Derryfield and Hanna Keane of Campbell and forwards Emma Onduso of Monadnock and Heather Gonyea of

In Division IV, First Team honors went to goalie Gracey Boucher of Moultonborough, defender Morgan Wagstaff of Woodsville, midfielders Kiara Evelyth Moultonborough, Hannah Brown of Littleton, Aiden Jesseman of Lisbon, Alyvia Drapeau of Lin-Wood, Madison Ash of Groveton and Madi Buteau of Gorham and forwards Madison McLaren of Profile and Olivia Corrigan of Littleton.

Second Team honors went to defenders Shaela Sturgeon of Moultonborough, Sydney Pickering of Lin-Wood, Emmalee Deblois of Groveton and Isobel Micucci of Gorham, midfielder Lauren McKee of Littleton and forwards Olivia Sarkis of Woodsville, Sophie Bell of Profile and Katelyn Clark of Lisbon.

Earning Division IV Honorable Mention were keeper Seven Fitzgerald of Lin-Wood, midfielders Liz Lawton of Profile and Kat Gleeson of Moultonborough and forwards Leah Krull of Woodsville, Bre Lemay of Littleton and Julie Glover of Groveton.

Also earning First Team honors keeper Angelina Narolilo of Hinsdale, defenders Jewel Young of Portsmouth Christian and Nona Dowsett of Mount Royal, midfielders Elizabeth Tschudin Sunapee, Madison St. George of Pittsfield, Sophie Grondin of Pittsburg-Canaan, Maggie Moore of Newmarket, Jenna Needham of Epping, Hannah Risteen of Concord Christian and Samantha Howe of Colebrook and forwards Elizabeth Jacobs of Wilton-Lyndeborough, Abigail Pollari of Sunapee, Elisa Gillis of Portsmouth Christian and Riley Skarin of Newport.

Second Team honors also went to defenders Ashley Bolton of Pittsburg-Canaan and Paige Greenhalgh of Newport, midfielders Morgan Hock of Newmarket, Jade Gagnon of Epping, Victoria Ritchie of Concord Christian and Delaney Wilcox of Hinsdale and forwards Sophia Sistachs of Wilton-Lyn-Brynn deborough, Smith of Sunapee, Lula Wamberg of Portsmouth Christian, Arie Prentice of Pittsfield, Annemarie Sweet of Mount Royal and Sage Smith of Colebrook.

earning Hon-Also orable Mention were keepers Ella Walsh of Portsmouth Christian and Trinity Johnson of Pittsburg-Canaan, fenders Vanessa Pollair of Sunapee, Aura Parker of Newport and Allison Herres of Colebrook, midfielders Brooke Lane Wilton-Lyndebor-

ough, Abigail Smith of Pittsfield, Emma Treece of Mount Royal, Olivia Gosselin of Epping and Grace Rose of Concord Christian and forwards Abby Henry of Newmarket and Kleay Steever of Hinsdale.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. or josh@salmonpress.news.



Celebrate Christmas at **Center Barnstead Christian Church**

BARNSTEAD — Christmas changes things! At Christmas gifts are wrapped, lights and tinsel are hung on trees, songs are sung, families reconnect, and our hope is renewed. Christmas is the one day every year when the world celebrates the birth of the baby Jesus.

Center Barnstead Christian Church will be celebrating this birth on Christmas Eve from 6-7 p.m. There will be a quiz to test one's knowledge of Christmas, singing of Christmas carols, and of course gifts! Each family in attendance will leave with at least one Christmas gift.

We will take time to reflect on the baby in the manger, Jesus, the one who isn't changed by elections, the economy or the terrible things that people can do. In the Christmas story, we will see the source of hope. We will look at God's narrative written for mankind. That day when God became man.

We hope to see you on Thursday, Dec. 24 for our Christmas Eve service. Center Barnstead Christian Church is located next to the Barnstead Town Hall. Any questions please call or text 269-8831 or go to http://centerbarnsteadcc.org/.

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THE REAL REPORT

RECENT REAL ESTATE TRANSACTIONS

| Town | Address |
|------------|-----------------------|
| Alton | 12 Church St., Unit 2 |
| Alton | 58 Dobbins Way |
| Alton | 42 E. Side Dr. |
| Barnstead | Damsite Road |
| Barnstead | Damsite Road |
| Barnstead | 79 Damsite Rd. |
| Barnstead | 28 Lincoln Lane |
| Barnstead | 906 N. Barnstead Rd. |
| Barnstead | 15 Windham Lane |
| Barnstead | N/A (Lot 15) |
| New Durham | 15 Meaders Point Rd. |
| New Durham | 128 Mountain Dr. |
| New Durham | N/A |

| Туре | Price |
|-------------------------|-----------|
| Condominium | \$250,000 |
| Forest Use | \$399,933 |
| Single-Family Residence | \$460,000 |
| N/A | \$220,000 |
| N/A | \$175,000 |
| Single-Family Residence | \$475,000 |
| Single-Family Residence | \$270,000 |
| Single-Family Residence | \$305,000 |
| Single-Family Residence | \$210,000 |
| N/A | \$36,000 |
| Single-Family Residence | \$425,000 |
| Single-Family Residence | \$210,000 |
| N/A | \$30,000 |
| | |

Seller Henry John Pohas, Jr. Estate and Angela M. Difazio Dobbins Brook LLC Darla K. Monzione James B. and Marie Nardone Michael Shaw Steven and Lee Distefano Russell R. and Tara Marchildon Peter and Constance Holmes Charles Sabella Peter Miller and Sharon Demers Glenn and Tamra Bushong Stephen and Teresa Smith Stephen A. and Teresa M. Smith

Buyer Garrett Facteau Stephen F. and Julie L. Lydon Joseph G. and Anthony J. Puzzo Lori A. and William F. Mahoney Leslie R. and Annette M. Perrin Roderick and Joan MacKinnon Karen L. Cordon and Cesar A. Salvatierra Cory C. and Sarah L. Schultz

Devon S. Farr Richard and Susan Duclos Jason Crystal and Sara Gilaman Jeremy Pisek George and Jitka Pisek

ABOUT THE REAL REPORT

Here are recent real estate transactions in Alton and the surrounding areas. These sales summaries are informational only, not a legal record. Names shown are usually the first listed in the deed. Sales might involve

additional parties or locations. Prices are usually based on tax stamps and might be inaccurate for public agency sales. Refer to actual public documents before forming opinions or relying on this information. Additional publicly recorded information on these sales, prior sales and data from Department of Revenue Administration forms is available at www.real-data.com

or 669-3822. Copyright 2011. Real Data Corp. In the column "Type": land= land only; L/B= land and building; MH= mobile home; and COND=condominium. Transactions provided by The Warren Group, Boston Ma., publishers of The Registry Review and Bankers and Tradesman newspapers, Phone: 1-800-356-8805. Website: www.thewarrengroup.com

Wolves Split Season Midgets finish first in Tier III

LACONIA — With the cancellation of the NH Tier III playoffs, the NE Wolves U18 Split Season team officially concluded its season on Nov. 22 with participation in the Lakes Region Midget Challenge.

With almost 30 hours of on ice practice time, and bi-weekly strength and conditioning sessions, the Wolves Split Season Midget program provided a terrific outlet for 20 local high school eligible players. Boasting an 8-1 league record and +52 goal differential, the Wolves Split Midgets showed outstanding improvement and development in a shortened season.

The Wolves were led in nets by their two goalkeepers, Adam Omundson and Hunter Robb. Upfront they got key goal scoring from Nick Potenza, Andrew Spicuzza, Andrew Duany, Eric Ellingson and Breckin Bates. On the back end, Bailey Savage, Andrew Rowley and Cam Kean were critical pieces to the de-

Many of these players will be joining their highs programs in the next few weeks (provided New Hampshire completes a high school season). In the meantime, the players can take great pride in their first place finish in the regular season for NH Tier III U18. The team is coached by Kingswood boys' hockey coach Mike Potenza.

Breckin Bates and Andrew Spicuzza celebrate a goal for the Wolves U18 Split Season Midgets.



Alton Parks and Recreation Connection

"Our Towns" Recreation (comprised of Parks and Recreation Departments from Al-New Durham, Wolfeboro, Rochester, Wakefield and Ossipee) are sponsoring a Holiday Lights Decorating Challenge. Let's brighten New Hampshire by decorating our neighborhoods. Decorate your home or business and send your name and address to ourtownsrec@gmail.com by Dec. 18. Include your physical address if you'd like to be listed on a map for people to see the lights in person (optional). One winner from each Town

Parks and Recreation at parksrec@alton.nh.gov or 875-0109. Those entering the Light Up Alton Event are encouraged to participate in this contest too. Alton residents are strong competition in this challenge. Let's share our warm holiday spirit with our neighbors. It's the most wonderful time of the year.

Alton Rec Esports

The Alton Parks and Recreation Department is sponsoring a new program starting in January 2021 for youth 8 years and up, and teens called Esports. Age di-

ation- Holiday Lights cember 22. For more in- years and 14-plus years. to three players for 3v3 Decorating Challenge formation contact Alton Video games are being matches. Registration recognized as competitive sports (called Esports), and Alton Parks and Recreation is bringing the option to you. Participants will compete with other players from Alton, and local New Hampshire communities. Beginner and competitive options are available. The Winter League, lasting six weeks, includes your choice of the following games: Madden21 (Football); FIFA21 (Soccer); NBA2K21 (Basketball); Super Smash Bros; Rocket League 3v3 or Rocket League 1v1; and Fortnite. Players can register for their own team of one; or they

"Our Towns" Recre- will be announced on De- visions are eight to 13 can be on a team of up closes on Jan. 6; \$20 for the Winter season. Games begin the week of January 18. More information and registration is available at the Alton Rec Esports page at https://www.ggleagues. com/organization/alton-rec-esports. Alton Rec Esports is part of the NH Esports League. Players will need to provide their own hardware, programs and internet connection to participate. For more information, please visit info@ggleagues.com or contact parksrec@alton. nh.gov; 875-0109.



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Colonial Theater's ties to the invention of Christmas tree lights

BY KRISTIN O'BRIEN

Bonnette, Page & Stone

LACONIA -Bonnette, Page & Stone Corp., a Construction Management firm based in Laconia, is part of the ongoing renovation of the historic Colonial Theater in downtown Laconia. One of the many things we enjoy about working on historical construction projects are the stories shared with us by those with past connections. Historic structures being given a second chance to be brought into the present can evoke numerous emotions, reactions and spark memories to be shared.

A Lakes Region native shared a memory with us he had of the Theater Manager who kept a friendly but acute

eye on everything taking place there. Recently we had the pleasure of learning of a fun story timely for the holiday season that involves that same Theater Manager. Did you know the Colonial Theater has a connection to the invention of the first string of electric Christmas Tree Lights? It's true! Stories credit the Colonial Theater's Executive Theater Manager, Ralph E. Morris, with the invention of wired miniature Christmas tree lights back in 1911. Mr. Morris was the Manager of the Colonial Theater from 1933 until

Prior to his employment with the Colonial Theater, Ralph Morris, a Massachusetts resident who relocated to Laconia, worked at the New England Telephone & Telegraph Company. The telephone switchboards at that time used little flashlight sized bulbs to light up the boards and indicate which number was being called. Some stories say the invention was a result of Ralph's toddler son, Leavitt, nearly setting the family Christmas Tree and house on fire after knocking over a lit candle. This was far too common an accident back in those days. Mr. Morris was determined to create a safer way to illuminate the tree and parlor area of his home and other family homes without the use of candles. During the next year, he spent hours soldering the small light bulbs similar to what was used at the telephone company, to strands of wire. He used pieces of colored crepe paper and formed covers to place over the light bulbs creating colored light. The next Christmas he surprised his family and friends with a beautiful gift of yellow, orange & green electric lights decorating the family tree and parlor.

For many years, it was believed by Morris, his friends and family he was the inventor of the first Christmas Tree Light. However, they were not aware the first Christmas Tree light was invented in the late 1800's by the Vice President of Thomas Edison's electric company, Edward Johnson. Johnson resided in one of the first neighborhoods in NY to be wired with electricity. One evening while setting up the family Christmas tree he handwired 80 incandescent electric bulbs covered in red, white and blue paper on his tree, connected them to a power source and voila! The debut of the first electrically lit Christmas tree.

An estimated 150 million light sets are sold in America each year lighting approximately 80 million homes each holiday season (according to a Dec. 15, 2016 blog posted by HolidayLEDS). We have come along way since the days of hanging candles on a tree (thankfully) and are grateful for the out-of-the box thinking of Mr. Edward Johnson and Laconia's own, Ralph E. Morris.

From all of us at Bonnette, Page & Stone Corp.

we wish you and yours a joyous holiday season and a happy & healthy New Year. We hope you enjoyed this story!

For more information about Bonnette, Page & Stone Corp. please visit our Web site www. bpsnh.com and follow us all year-long on Facebook at facebook.com/ bpsnh.

To our best knowledge, the above is all factual. However, if there is anything incorrect that has been noted, we welcome you to contact us and let us know! Thank you to the variety of sources used to research this information including: Smithsonian Magazine, HolidayLEDS Blog, Warren Huse and The Laconia Historical and Museum Society.

~ Comfort Keepers ~ Dealing with a cancer diagnosis later in life

BY MARTHA SWATS

Owner/Administrator Comfort Keepers

Being diagnosed with cancer later in life can be scary and overwhelming. A cancer diagnosis can make a person feel like their world is out of control. People often say they feel helpless and action, it is possible to powerless after they find out they have cancer.

However, many find that making a personalized plan for dealing with a cancer diagnosis can help older adults make treatment decisions and feel in control of their lives again. And, by taking intentional continue to focus on quality of life and joyful moments even in a difficult time.

Here are some strategies for coping with a cancer diagnosis:

Absorb the information - People need to give themselves as much time as they need to take in the news. Processing a diagnosis can be difficult, and the person should feel comfortable taking the time and space they need to come to terms with the next steps in their treatment plans.

Encourage education- As the saying goes, "Knowledge is power."

Encourage them to learn as much as they can about their type of cancer and the treatment options available. Health care professionals are more than willing to provide resources to help someone understand their diagnosis.

Express feelings – It's normal to feel depressed, angry, sad or overwhelmed after being diagnosed with cancer. There are many opportunities to talk about their feelings, whether it's with someone in their life that they trust, a mental health professional or a local support

Maintain Continuing habits – healthy habits is important following a cancer diagnosis. Those with a cancer diagnosis should follow a doctor's advice regarding nutrition and exercise, and make an effort to take care of themselves mentally and physically.

Evaluate financial needs -Reviewing insurance and having a plan for how they will pay for their treatment will help relieve stress down the road.

Focus on other parts of life –Focusing on the things in life that can be controlled will help people remember that they have the power to decide how they live life.

Comfort Keepers® Can Help

If you need help during your battle with cancer, Comfort Keepers provides services for clients with a range of needs and physical abilities. Whether it is a ride to the doctor or help around the house, our goal is to provide compassionate care that helps clients find the joy and happiness in each day.

To learn more about our in-home care services, contact your local Comfort Keepers location today.

About Comfort Keepers Comfort Keepers is a leader in providing inhome care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items, all meant to keep seniors living independently worry free in the comfort of their homes. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 536-6060 or visit our Web site nhcomfortkeepers. com for more informa-

Meredith Village Savings Bank launches annual Mitten Drive

MEREDITH — With cold weather moving in and the holidays approaching, Meredith Village Savings Bank (MVSB), is hosting their annual Mitten Tree drive. MVSB will contribute \$2 to local foodbanks for warm weather accessories generously donated by local community members.

To help protect donors during the pandemic, each branch will have a brightly decorated box where local community members can simply drop new handmade or store-bought mittens, hats, gloves and scarves. A complete list of locations are available at mysb.com.

"The Mitten Tree is a simple way for community members to get in the spirit of the holidays by helping those in need of food and warm winter accessories," said Rick Wyman, MVSB president. "We will bring the winter accessories to nonprofits throughout our region for distribution to families in need in our local area. In addition, we will contribute \$2 for every item donated by our community. This year, our contributions will be split between Gather Food Pantry in Portsmouth, the Plymouth Area Community Closet Food Pantry, the Lakes Region Food Pantry in Moultonborough and the Laconia Food Pantry."

Unlike a stock bank, Meredith Village Savings Bank (MVSB) is a mutual savings bank that operates for the benefit of its depositors, borrowers and surrounding communities. As a result, MVSB has remained steadfast in fostering the economic health and well-being of the community since it was founded in 1869. For more than 150 years, MVSB has been serving the people, businesses, non-profits and municipalities of Central New Hampshire. MVSB and its employees are guided by the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. To learn more, visit any of the local branch offices located in Alton, Ashland, Center Harbor, Gilford, Laconia, Meredith, Moultonborough, Plymouth, Portsmouth or Wolfeboro, call 800-922-6872 or visit mvsb.com.



ABUNDANT HARVEST FAMILY CHURCH

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Sunday School for children up to age 12, service 10:30 a.m. Greater Wakefield Resource Center Pastors Daniel and Sherrie Williams, 473-8914. For more information, please visit abundanthary

CENTER Sundays throughout the summer 10:am & 7pm; Tues-Thurs 9am;. 875-6161.

Alton-9:30 a.m. Sun. Meeting at Prospect Mountain High

CENTER BARNSTEAD CHRISTIAN

Worship Service 10:00am Bible Study 11:15am Rte 126 next to Town Hall Call or Text (603)269-8831 centerbarnsteadcc.org Pastor Brian Gower

Sundays at 10 am

COMMUNITY CHURCH OF ALTON

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New family therapy practice opens in Moultonborough



PHOTOS BY ERIN PLUMM

Jessica Reisner cuts the ribbon on her new child, adolescent, and family therapy practice Healing With a Heart Therapy in Moultonborough with some special help.

mnawe@calmonnrace naw

MOULTONBOR-OUGH — There is a new place in the area where children, teens, couples, and families can get some needed mental health help thanks to a newly opened practice by a counselor with over a decade of experience. Healing With a Heart Therapy PLLC is now open on Whittier Highway just over the Center Harbor line and Jessica Reisner, a Licensed Marriage and Family Therapist, is now available to help.

The practice has been in the works for a while and has been Reisner's career dream. This past Sunday Reisner's husband Jeff brought her out to the office blindfolded, then took off the blindfold so she could see a group of friends and family gathered outside the building with confetti cannons and a ribbon cutting all set up.

Reisner does therapy for children, teenagers, couples, and anyone part of the family unit. She helped families in the Seacoast for more than 12 years as a therapist for Seacoast Mental Health Center's offices in Portsmouth and Exeter and is now set up in her private practice in Moultonborough.

Reisner comes from Hampton and said she grew up in a close-knit family, which inspired her to help children and families have that same experience.

She graduated with a bachelors in Family Studies from the University of New Hampshire and worked in home support for children with disabilities. "Yes, I was working with the children, I found it was really supporting the family as a whole," Reisner said. "The parents would tell me how easy I was to talk to."

She decided to go



into children and family the field who were go-Friends and family gather with cheers and confetti cannons for the surprise ribbon cutting ceremony at Healing With a Heart Therapy.

counseling, returning to UNH for the Marriage and Family Therapy program. She said Assistant Director Mark Moses was her mentor and had a significant impact on her.

"He just showed me a world of therapy," Reisner said,

She also credited program director Barbara Frankel as well.

When she graduated, she and her fellow graduates received a key where a few words were written about the type of therapist their instructors saw them as. Reisner said her key said "Healing with a heart."

She worked with Seacoast Mental Health Center for 12 years, which she said gave her some amazing support and advice. She also worked with psychiatrists, outreach providers, and in the community's schools. Reisner became an approved supervisor, supervising people in

ing for their therapist license.

Reisner took maternity leave after the birth of her second son and took time to care for her family. In the past year the family moved from West Newbury, Mass., to the Lakes Region.

After a while she said she greatly missed her work and wanted to offer this in her new community.

"This has been a dream of mine to eventually have a private practice where I can provide therapy services to children, also families and couples," Reisner said.

The idea came up to pursue this dream and open a private practice, though she was nervous about the possibility.

Eventually they found a space on 60 Whittier Highway in the former location of Moultonborough Family Health which she said was the best opportunity. Reisner said there



Jessica Reisner is guided blindfolded to the surprise ribbon cutting ceremony of her new practice.

were two spaces in there with a wall separating them. They took out the wall, sinks, and the former exam rooms and built a waiting room and office therapy room, and put in a staircase and an upstairs office.

Even the process to buy furniture was involved. Considering this will be a place where people will share some of their innermost feelings, she said she sat in a hundred chairs at the furniture store to pick out the most ones for clients.

She named it "Healing With a Heart" after the words on her key at graduation.

The space also has an additional office where she hopes to bring in another therapist. She said it can be a little nerve wracking to be a therapist and secluded by one-solf

Throughout this whole process she said her husband has been one of her biggest advocates in this venture, cheering her on when

she was nervous about starting. She also said she has so many supportive friends, including so many new friends in this area.

"I'm definitely blessed to have all of them in my life and constantly supporting me in all of this," Reisner said.

She has two boys, a 6-year-old and a 1-year-old

"I know sharing some of the better parts of me with the world, I know it's going to be better for them too," Reisner said.

Healing With a Heart Therapy PLLC is now open for appointments and sessions, she said she is ready to start intake sessions with clients as soon as they are ready. Healing with a Heart Therapy can be reached at 253-5292 and jessica@healingwithahearttherapy.com. A Web site is in the works and will be live soon. Information on her practice can also be found on Psychology Today's Web

CAGES

(continued from Page A1)

many other uses. Skelley also notes that in the future, he's hoping that the cages can be covered, which would allow them to be used even longer than normal.

And the cage isn't just for Kingswood, the Knight coach said, noting that the space can also be used for baseball teams throughout the community at all levels,

as well as softball teams.

"This is something that can be used quite a bit," Skelley said. It's taken a while, but it's something we'll be able to take advantage of."

The Kingswood coach

also wanted to take time to thank the many people who helped to make the cages happen by supporting the team's clinics over the last few years

"Thank you to the

parents and kids who went through our clinics the last few years," Skelley said, noting he's happy to see some of those same kids getting to use the cages now as high school players.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.



THE NEW BATTING CAGES at Kingswood also feature an area where a pitching mound could be installed, amongst other uses.



THANKS TO cooperation with the Kingswood athletic department, the Kingswood baseball team's new batting cages also include an update to the dugout to provide storage.

ROTARY ···

(continued from Page A

of the physical work building and repairing, we also hire and pay locals to include masonry, welding, construction, etc. Danli is a beautiful and very

mountainous coffee bean growing, Spanish speaking area and Rotarians have no problem communicating with the natives there in-spite of the language barrier. Believe me, we get things done and there are a number of volunteers who speak both languages."

es."

Each volunteer participating in the program spends around \$1,200 of their own money for each trip, and Rotary's donation per trip to help rebuild is between \$10,000 and \$20,000. The Alton Rotary Club has been donating hundreds of dollars to continue support for Amigos ce Honduras.

"Plans for another return trip in 2021 have been cancelled because of the Pandemic, and Danli is currently experiencing a very high number of cases," said Parkinson.

For information on how to help support the Hondurans, or for information on joining Rotary, contact Duane Hammond, 569-3745.







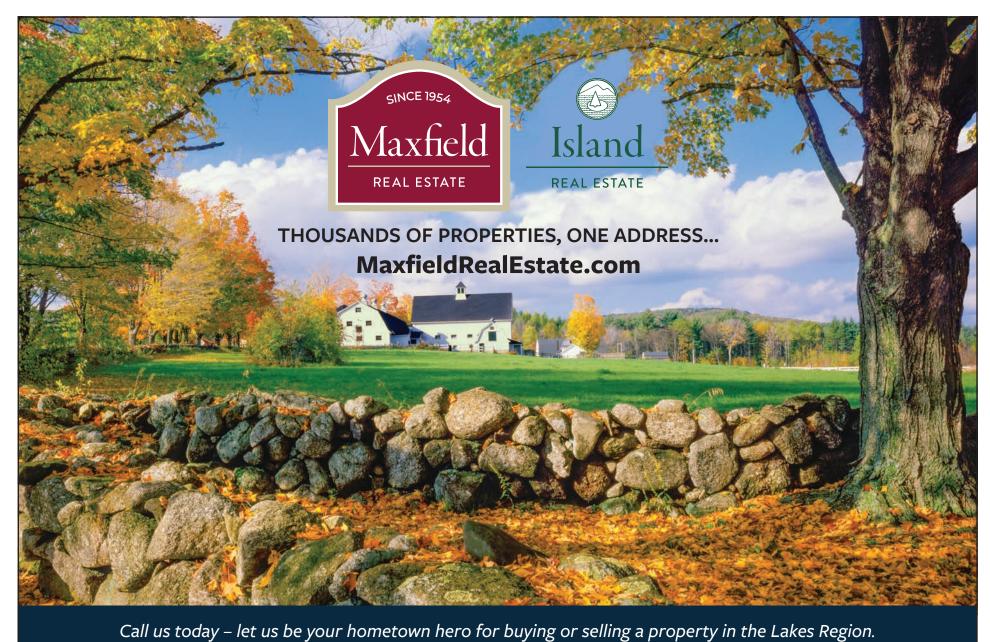
PET OF THE WEEK JOAN

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Please submit a completed application to APPLITRACK at: https://www.applitrack.com/altonk12/onlineapp/

Application deadline: 12/31/2020

EOE





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Would like to acknowledge and congratulate two of our top Brokers.





Based on the Fall Residential Sales, in all of New England, Amanda Connelly was ranked in the Top 50 and in the Top 10 in New Hampshire with other RE/MAX Agents. Amanda has been a full time Agent for 15 years and with us for the last 7 years. She obtained her Brokers license 6 years ago.

For Residential Sales from January to September 2020, Jennifer Nolin placed in the Top 75 for all of New England and in the Top 15 within the State, out of 2,668 other RE/MAX Agents. Jennifer has been an Agent for 18 years, a member of our team for 8 years, has held a Broker's license for 6 years and has been the managing Broker of our Alton Office for the past 2 year.

We are proud to recognize these accomplishments of our team members.

Our local real estate market is very active. If you are looking to buy, sell or would like a current market analysis on your home we would be happy to help.

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"Grief in the Winter & Holidays" support groups online

LACONIA — We are entering a time of year when we may feel the absence of a loved one more acutely. And in this challenging year, we may face layers of additional loss or wonder whether or how to gather safely with those we love.

Central New Hampshire VNA & Hospice invites you to join us for a special online session to explore ways to share and honor our grief and how to take care of ourselves and each other this season.

"This season is always hard for those who have suffered a death. And this year, the questions, emotions, and heartache of this time may be even more intense," notes Dan Kusch, Bereavement Care Coordinator. "There is no right way to grieve and no right way to move through this season. But together with others we can acknowledge our heartbreak, anticipate what we may need, and find courage with others as we make our way without a map."

Whether you have already observed the Jewish High Holy Days or are looking ahead to Thanksgiving, Christmas, New Year's, Kwanza, Bodhi Day or other cherished cultural or religious days, or simply readying for the onset of winter; you are welcome. We all turn together into this darker, colder time of year and can join each other to give and receive light and warmth.

The groups will gather via Zoom video meeting on Tuesday, Dec. 15 from 6 – 7:15 p.m. The groups are open to adults, non-religious, no-cost and facilitated by trained staff and volunteers. Pre-registration is

Gentle technical support is available if you are unfamiliar or uncomfortable with Zoom. You can access the sessions via phone, tablet or iPad, laptop or desktop computer.

For more information and to register, please contact Dan Kusch, Bereavement & Spiritual Care Coordinator: 524-8444, ext. 2390 or dkusch@centralvna.





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